

Gluten-Free Shopping Guide

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Shopping for gluten-free foods can be challenging, expensive and time-consuming. Yet, increased awareness of celiac disease and gluten sensitivity has made gluten-free foods better, more plentiful, and easier to find at grocery stores and online. Use this guide to help with your gluten-free grocery shopping and enjoy the benefits!

The Basics

1. **What can I eat?** The most nutritious and cost effective gluten-free foods are found in the perimeter of the store: fruits, vegetables, and unprocessed meats/poultry/seafood. These items should be the foundation of your gluten-free diet. Then you can experiment with naturally gluten-free grains such as rice, quinoa, and gluten-free oats* and fermented dairy, such as plain kefir or yogurt (organic, whole milk varieties are best). Be open to trying new foods and experimenting with gluten-free recipes...think of it as a new adventure in eating! Finding reliable brands and recipes will make shopping and eating easier over time.
2. **Where are the gluten-free foods?** The location of gluten-free items varies between grocery stores. The whole foods around the perimeter of the store, such as fruits, vegetables, and unprocessed meats, will not have labels but are naturally gluten-free. For packaged items, stores often have a designated gluten-free section in addition to gluten-free items mixed into other sections (ie: bread, crackers and cereal). Don't be afraid to ask for help; this makes your life easier and reminds the store of the demand for gluten-free products.
3. **Always check the label!** Gluten-free items may or may not be labeled gluten-free. Products with the Gluten-Free Certification Organization (GFCO) seal means that the manufacturing facility was inspected and the product contains less than 10 ppm of gluten. The US Food & Drug Administration (FDA) requires that any product labeled gluten free contain less than 20 ppm of gluten. Consider both of these options safely gluten-free. For products not labeled gluten-free, check the label for any gluten-containing ingredients or additives since they vary between brands and often change over time. If purchasing flours, be sure they are labeled gluten-free as contamination is possible during milling.
4. **What is it going to cost me?** The least expensive and most nutritious gluten-free foods are found in the perimeter of the store: colorful and seasonal produce and unprocessed meats/poultry/seafood. For discounts on gluten-free products, such as breads, cereals or crackers, consider joining a company's email list (ie: Canyon Bakehouse, Van's, or Enjoy Life Foods) so that you benefit from coupons or online sales. In addition, Whole Foods and SPROUTS have apps that alert you to timely sales and coupons.

Gluten-free* Foods and Ingredients

*Always check the label to ensure gluten-free ingredient *Produce* – Fresh and frozen fruits and vegetables without additives.

<i>Meat, Poultry & Seafood</i> – Fresh and frozen without additives, breading, marinating or sauces.	Popcorn*, air-popped and gluten-free packaged varieties Potato Starch Quinoa Rice*	hot sauce*, salad dressings*, salsa, Wright’s liquid smoke, Lea and Perrin’s Worcestershire sauce (in the US).
<i>Packaged Deli Meats*</i>	Sorghum Soy Tapioca starch/flour Taro Teff Yucca	<i>Chocolate*</i> – milk, semi-sweet, bittersweet, unsweetened.
<i>Eggs</i>		<i>Coffee beans</i>
<i>Tofu – unseasoned and unmariated</i>		<i>Baking Supplies:</i> Baking Soda & Powder* Cream of Tartar Yeast (avoid Brewer’s Yeast)
<i>Nuts & seeds (except rye) and natural nut butters*</i>	Cereals, dry/hot* made with amaranth, buckwheat, corn, millet, rice, or soy	<i>Oils</i> – focus on extra virgin olive oil, coconut oil, avocado oil for best health benefits
<i>Grains/Flours -</i> Amaranth Arrowroot starch Buckwheat Bean flours Cassava Chestnut Chickpea Corn bran Corn chips, plain Corn flour/corn meal products Flours: amaranth, buckwheat, carob, chickpea, lentil, millet, potato, quinoa, rice, sago, sorghum, soy, tapioca, teff Grits (corn or soy) Glutinous Rice Kasha Masa* Millet Nut flours Oats* (certified gluten-free only!) Polenta	Crackers made from brown rice, corn, and lentil Pasta made from beans, brown rice, corn, peas, potato, quinoa, or lentils Rice cakes, plain Soba* noodles (must be 100% buckwheat) Taco shells* made with corn, hard and soft Tortilla chips* Tortillas* made with corn, soy, or brown rice Potato chips* <i>Condiments</i> – mayonnaise, ketchup, mustard*, pickles, olives,	<i>Spices</i> – whole ground, mixed spices or spice blends*
		<i>Sugars/Sweeteners</i> Cane Beet Coconut Light brown Dark brown Turbinado Maple Agave syrup Cane syrup Corn syrup Glucose Honey Fructose Maple syrup Molasses

<i>Sugars/Sweeteners</i> (continued)	Xylitol	rice (but not seasoned) (avoid malt vinegar)
Stevia	<i>Tea*</i>	
Erythritol		
Maltitol	<i>Vinegars</i>	
Maltose	red wine	
Sorbitol	white wine/champagne	
Sucralose	balsamic	

Gluten-Free Additives**

Acacia gum	Benzoic acid	Methylcellulose
Adipic acid	BHA	Pectin
Agar	BTA	Pepsin
Algae	Dextrose	Stearic acid
Algin/alginate	Ester gum	Sulfites
Allicin	Fructose	Tapioca starch/flour (not pudding)
Annatto	Guar gum	Whey
Arabic gum	Lactose	Xanthan gum
Arrowroot	Lecithin	
Ascorbic acid	Locust bean gum	
Aspic	Malic acid	

**With the exception of xanthan gum and guar gum, which are in many gluten-free breads and baked products, it's best to avoid these additives.

Top-rated Gluten-free Brands

Canyon Bakehouse – best multigrain and cinnamon raisin breads, buns and everything bagels; available at Whole Foods, SPROUTS and Target
 Bob's Redmill – flours, grains and hot cereal blends; available in stores online
 SAN-J – gluten-free tamari (soy sauce) and teriyaki sauces
 Coconut Secret – soy free seasoning sauces and teriyaki sauces (Paleo friendly)

Online Resources

Culinary Enlightenment blog (recipes): www.blog.culinaryenlightenment.com

Celiac Disease Foundation: <https://celiac.org>

Simply Gluten-Free Magazine – in print and online: <https://simplygluten-free.com>

Gluten-free living (2014). Is is gluten-free? A basic guide.
www.glutenfreeliving.com/nutrition/the-basic-diet

Children's Digestive Health and Nutrition Foundation (CDHNF) (2014). Gluten-free diet guide for families.
<http://www.naspghan.org/user-assets/Documents/pdf/diseaseInfo/GlutenFreeDietGuide-E.pdf>

Elana's Pantry – Paleo-friendly baking: <https://elanaspantry.com>